

GREETINGS FROM COOLIDGE SCHOOL

October 11, 2016

<http://schools.shrewsburyma.gov/coolidge>

Dear Families,

Generally I look forward to the civil discourse that precedes an election. As November nears, however, I find myself hungry for positive, productive exchanges of viewpoints. For this reason I am excited about the formation of our School Council, the elected group of representatives that serves our students and school community.

We are seeking three Council members and we have three candidates. Nonetheless the school is required to hold an official vote. **Please help by returning the ballot below tomorrow via your child's folder. Mrs. Cairns will collect ballots tomorrow morning, and Jenn Luke, our PTO representative, will certify the results.**

Stephanie Adaramola is the parent of two kindergarteners. She writes:

My name is Stephanie Adaramola. I have a Master's degree in Management from Lesley University and a Master's in Social Work from Boston College. I am a Licensed Independent Clinical Social Worker currently employed as a therapist. My twin boys are currently attending Kindergarten. When my late husband and I decided to move to the Metro West area from Boston, we chose the town of Shrewsbury for two reasons. Firstly, we believed it would be a great place to start our family. Secondly, Shrewsbury has an excellent school system. Because I have two children in the Shrewsbury Public School System I have a vested interest in participating in the process that will ensure that they receive a well rounded education. As the mother of two young Black boys I also want to ensure that their educational process includes an appreciation for and acknowledgement of their diversity in a way that does not diminish their self esteem. As an immigrant who was educated in the Boston Public School system I know firsthand the importance that having a sound educational foundation. For all the reasons stated above, I would like to serve on the Coolidge School Council.

Adnan Malik is the parent of four children including a third grader at Coolidge. He writes:

Hi, my name is Adnan Malik. I am a 35-year old father of four lovely children three of which currently in the Shrewsbury Public School system. Historically speaking, I am a the son of a hard working blue collar Pakistani/Indian immigrant, raised in Illinois (Go Bears!) since I was two. Academically, I am a mechanical engineer with an MBA trying to give my four babies a better opportunity than I was given. Most notably, as part of the Shrewsbury Public Schools ;). I suppose that's the same rationale my parents used to bring me to the US.

I would like to be a more critical member to my children's school, seeing as all of them will eventually pass thru Coolidge (one did already, yay!). It would be a delight to be part of a team where I may share my insights from my background, my career as a reliability planning engineer for the gas utility, and as a product of the public school education system.

I would like to be a part of the Shrewsbury Schools that are known for the development raising children that have high ethical and moral standards, community and situational awareness, and will eventually make outstanding future citizens with a wealth of contribution to society.

Thank you for your consideration!

Anne Sheehy is the parent of a first grader at Coolidge. She writes:

I have a long-standing interest in education having attended public schools, a liberal arts college and graduate school. After graduate school, I lived in the U.K. for several years and was struck by the dramatically different approach to childhood education. When the time came for me to make decisions about schooling for my own children I grappled with a variety of issues still salient to many parents. Currently, I am a college professor and run a small research group so do practice different kinds of education and mentoring on a daily basis. Curiosity and hope propelled me to inquire about serving on the School Council at Coolidge- curiosity about the role parents can play in this capacity and hope that my own interests and experience can make a contribution to the school.

These three parents will join Coolidge teachers Lisa Cantin, Jen Flemming and Kitty Raymond on School Council, beginning on the evening of October 17th at 6:00 at Shrewsbury High School.

We still need a (non parent) community member. If you know of someone that is interested in joining us for monthly meetings, please let me know.

Sincerely,

Amy

Please clip and return to the Coolidge Office:

Coolidge Elementary School ----School Council BALLOT

October, 2016

PLEASE VOTE for THREE:

_____ Stephanie Adaramola

_____ Adnan Malik

_____ Anne Sheehy

Thanks so much for supporting the Coolidge School community!

FYI

Performance results (from the 3rd grade administration) for last spring's PARCC (**P**artnership for **A**ssessment of **R**eadiness for **C**ollege and **C**areer) test went home with our fourth graders today. These reports provide families with information across a variety of skills/knowledge expectations in both Reading and Math. The data will also help to spark good conversations on Conference Day, when teachers consider this score alongside more recent school-based assessments, and during grade level meetings, when teams analyze our school scores.

While state results are always key indicators to consider, it's important to realize the PARCC score is only one measure that Shrewsbury uses to assess the knowledge and skills of our students. We are very pleased that our students performed well; Coolidge continues to maintain its Level 1 status. We are also grateful for your support in setting a climate of high expectations.



Important Upcoming Dates:

Oct. 12	ASAP Classes after school
Oct. 14	School Store
Oct. 20	PTO Mtg, 7 pm, Media Center
Oct. 28	School Photo Retake Day (1:45)
Oct. 28	School Store
Nos. 5	Coolidge Boys Fall Formal (info coming home this week)
Nov. 8	NO SCHOOL – PARENT CONFERENCES & ELECTION DAY
Nov. 11	NO SCHOOL – VETERANS' DAY

October “Food Explorer Food Discovery”

October is a month for pumpkins! Not only are pumpkins fun for carving, but they are also great for cooking and eating! We don't always have pumpkins available or have the time for cooking them, so canned pumpkin is a super alternative. It's healthy and

yummy when added to your recipes. Included in the October edition of Food Explorers is a great Pumpkin Spice Overnight Oats recipe. It's a fantastic, healthy and yummy breakfast idea that you make the night before. This is perfect for busy families who don't have time in the mornings to make a healthy breakfast. This turns into a "grab and go" meal that all will enjoy!

Food Explorer October Discovery...

Pumpkins

Pumpkins have vitamin A, which helps us see at night – all the better for trick-or-treating!



PICK OF THE CROP:

Choose firm, deep-orange pumpkins that fit your needs. For jack-o'-lanterns, pick the shape and size you like. For cooking, choose small (3 to 6 pounds) pumpkins. Often called "pie pumpkins," they are sweeter and have more pulp.

To bake a pumpkin, cut it in half and put in a pan with the cut side down. Bake in a 325° F oven until it is easy to pierce with a knife. When the pumpkin is cool, scoop the flesh and seeds out of the skin. Throw away the skin. Mash or blend the pumpkin flesh to use in pies, soups, or breads. Wash the seeds, spread them out on a shallow baking sheet, and toast in a 250° F oven for 10-15 minutes. Salt if you like.

FUN FACTS:

- Massachusetts has more than 80 pick-your-own pumpkin farms.
- The world's largest pumpkin weighed 1,689 pounds – more than a full-grown buffalo!
- The Irish made the first jack-o'-lanterns from foods like turnips and beets. When they came to America, they found pumpkins much easier to carve.
- Early settlers filled empty pumpkins with milk, honey, and spices, and baked them in hot ashes – the first pumpkin pies.

A yummy & healthy **RECIPE!**

With just five minutes of prep time the night before, you'll have an easy grab-and-go breakfast that will keep you satisfied all morning. These hearty, pumpkin-spiced oats are packed with fiber, protein and cancer-fighting polyphenols. Whole grains like oats can improve your digestion, aid in weight control, and lower your risk for cancer.

Pumpkin Spice Overnight Oats

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any type of milk) 1/3 cup plain Greek yogurt
- 1 Tbsp ground flaxseed
- 2 Tbsp pumpkin puree
- 1 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground nutmeg
- Pinch of salt

Stir together all ingredients in a medium-sized mixing bowl. Add to a mason jar with a fitted lid. Refrigerate and store overnight.

More Matters! Fruit and Veggie Tips for Kids:

- Roast or buy pumpkin seeds for a crunchy, healthy snack.
- As the weather gets colder, enjoy some hearty vegetable soups.
- Pack fresh fall fruit in your child's lunchbox. Apples, grapes, bananas, orange slices, and dried fruits are great this time of year.
- Try one new fruit or vegetable each week. Serve it with some of your child's favorite foods.

**UMass
Extension**

This material was provided by the UMass Extension Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-800-950-9663. This institution is an equal opportunity provider and employer. REV 8/11 (series 1 handout)



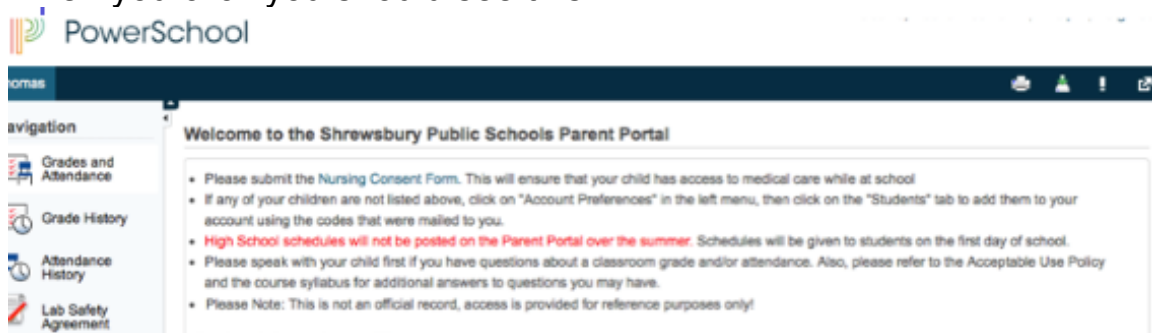
UPDATE - From the Nurse:

Please look below for information on medical health from Mrs. Zimmermann, our school nurse. Having standing orders ready is another way we seek to help support students and families.

As of this morning, 234 parents out of 409 have done the consent. Please do your consent asap!

Action Required - School Nurse Consent Form: The school nurse consent form that has traditionally been sent home on the first day of school for parents to sign and return is now available to complete in the PowerSchool Parent Portal. Please log in to the portal [here](#) as soon as possible to complete the form. This form is required for all students in order to be treated by and receive medications from the school nurse.

When you click you should see this:



The first line includes a link to the form. If you are still having trouble, let me know.

Shrewsbury Public Schools 2016-2017 School Year Calendar

FINAL
Approved 2-3-16*

**Note: The first day of school, holidays, and school vacations will not change.*

Professional development days and early release days could change as a result of negotiations with the teachers' association.

AUG/SEP 22 Days				
M	T	W	T	F
22	23	24	25	26
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

OCTOBER 19 Days				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

NOVEMBER 17 Days				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

DECEMBER 17 Days				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

JANUARY 20 Days				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

August/September

8/25 & 26	New Teachers' Orientation
8/29	Opening Program for Staff
8/30	Students Return/Full Day
9/2	Professional Development/No School
9/5	Labor Day/No School

October

10/7	Professional Development/No School
10/10	Columbus Day/No School

November

11/8	Election Day/Pre-K-8 Conference Day/No School
11/11	Veterans Day/No School
11/23 - 25	Thanksgiving Vacation

December

12/6	Professional Development/Early Release
12/26 - 12/30	December Vacation

January

1/2	New Year's Day (Observed)
1/16	M.L. King Day/No School

February

2/7	Professional Development/Early Release
2/20	Presidents Day/No School
2/21 - 2/24	Winter Vacation

March

3/7	Professional Development/Early Release
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April

4/4	Professional Development/Early Release
4/17	Patriots Day/No School
4/18 - 21	Spring Vacation

May

5/2	Professional Development/Early Release
5/26	Last Day for Seniors
5/29	Memorial Day/No School

June

6/1	Graduation Day
6/12	Last Day for Kindergarten & Preschool
6/14	Last Day/Half Day for Students

February 15 Days				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

MARCH 23 Days				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

APRIL 15 Days				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

MAY 22 Days				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

JUNE 10 Days				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

0 snow days = 6/14 last day
1 snow day = 6/15 last day
2 snow days = 6/16 last day
3 snow days = 6/19 last day
4 snow days = 6/20 last day
5 snow days = 6/21 last day

From the Office:

If your child will be absent from school due to a religious holiday, please let the office know so we can mark the attendance correctly.

CHECK OUT OUR WEBPAGE FOR IMPORTANT FORMS AND DATES:

<http://schools.shrewsbury.ma.gov/coolidge/>

We are also on Facebook: <https://www.facebook.com/CoolidgeElementarySchool>

If your child will be out sick, out for a vacation, or celebrating a religious holiday, please call the school before 10:00am that day to let us know.

Child Safe line (for absences): 508.841.8886

Coolidge Main Line: 508.841.8880

Cathy Cairns, Coolidge Secretary: 508.841.8884

Mark your calendars with No School Dates, Early Release Dates and Holidays.

PTO NEWSFLASH

Email: ptocoolidge@shrewsbury.k12.ma.us

Blog: <http://coolidgepto.wordpress.com/> The PTO has created a blog as an additional resource for information and notices. Come check it out!

Facebook Group: "Calvin Coolidge PTO"

<http://www.facebook.com/groups/coolidgepto/> All parents, guardians, and staff are

welcome to join our group on Facebook. It's a great place to chat with the community or ask a question.

Direct Donation: <https://npo.justgive.org/coolidgepto> There are many ways to help support the PTO, a direct donation is just one.

1. PTO Meeting- Thursday October 20th at 7PM
2. Baby and Kids Yard Sale to benefit Coolidge
3. Boys Formal – November 5th from 6-8PM
4. Variety Show coming in November- Voluneers Needed!
5. Kidstuff Coupon Book Fundraiser
6. School Store open Friday October 14th

1. Mark your calendars for our next **PTO Meeting on Thursday October 20th at 7pm**. We will discuss upcoming events, hear from the principal and talk about fundraisers. Come and have your voice heard!

2. Announcing the Baby and Kids Yard Sale to benefit Coolidge. It will be held on Sunday November 13th from 12-4pm at Coolidge. Tables are \$25 and you keep everything you make. I have secured two organizations to take all items that were unsold that you don't want to take home. Contact Jenn at jluke88@gmail.com if you want to purchase a table.

3. Boys Fall Formal will be on November 5th from 6-8pm. Andy the Aardvark from Texas Roadhouse will make an appearance. Music dancing and refreshments. More information will be sent home about the event.

4. Variety show will be happening in November. A few more volunteers still needed. Please contact Jenn at jluke88@gmail.com if you can help out after school for two weeks and then the night of the show. Show will be the Friday before thanksgiving.

5. PTO Fundraiser, Kidstuff Coupon Book:

Please check backpacks this week because we are sending home the family-friendly KidStuff Coupon Book. You will see the hundreds of valuable coupons for all ages, and most coupons are valid for up to 16 months. Our school is selling these books and Coolidge will **earn 50% of the profit for each book sold.**

Use just a few coupons and easily save more than the \$25 cost of the book.

This is not a sample book for you to keep.

If you do not wish to participate, please immediately return the book back to school.

If you wish to purchase books, please make checks payable to Coolidge PTO.

This sale ends **October, 28, 2016**, so act fast.

If you have any questions, contact Constancia "Sam" Gardner at gardnercc@hotmail.com or Jane Bell at janebell72@hotmail.com

6. The school store will be open on Friday, October 14th. A big THANK YOU to all who have been donating. We have a great variety of items for the students to choose from and all money is given to the PTO which is a big help.

To include news about your committee, fundraiser or PTO event in future newsflashes, please e-mail your submissions to Kristie Biando at kbiando74@gmail.com and Rachel Reeve at rachelreeve@yahoo.com